



## Lincoln, CVW 2 Leaves Singapore

By MC1(SW) JOAQUIN JUATAI  
Penny Press staff

USS Abraham Lincoln (CVN 72) got under way from Changi Naval Base in Singapore on May 1, after a successful four-day port call to the Lion City.

Lincoln hosted a reception April 27, welcoming the Honorable Patricia Herbold, U.S. ambassador to Singapore, Rear Adm. Ronnie Tay, chief of the Singapore navy, and ambassadors of several other nations to Singapore aboard the ship.

Abraham Lincoln Carrier Strike Group (ALCSG) Sailors offered their time during the port visit in six different community service (COMSERV) projects, including taking children from a local orphanage swimming and helping disabled children who are undergoing water therapy.

"The community-service projects here were more about people," said Chief Religious Program Specialist (SW) Ronald Roberts of Lincoln's religious ministries department.

"It was a positive experience both for the recipients and the people who volunteered," he said.

More than 200 Sailors participated in the COMSERV projects in Singapore, which, Roberts explained, were aimed more toward interaction with local people.



Photo By MCSN Brandon Wilson

**Intelligence Specialist Nicholas Goodman mans the rails while pulling into Changi Naval Base in Singapore. USS Abraham Lincoln and embarked Carrier Air Wing (CVW) 2 are currently underway in the Western Pacific for a scheduled deployment.**

"The COMSERVs in Thailand and Hong Kong were more about fixing things, like painting in an orphanage or moving furniture," he said. "Here, it was more about relating

**Turn to LEAVING, Page 7**

## First Class Association Judges Essay Contest

By MC1(SW) JOAQUIN JUATAI  
Penny Press staff

Members of the First Class Petty Officer's Association (FCPOA) aboard USS Abraham Lincoln (CVN 72) recently judged essays by students from a school also named after America's 16<sup>th</sup> president.

Students at Lincoln Junior High School in Benton, Ark., submitted essays in a contest about Lincoln. Students chose to write on the topic, "Why Abraham

Lincoln is Important Today".

Lincoln's FCPOA President, Aviation Ordnanceman 1<sup>st</sup> Class (AW/SW) Barry Gipson and four other members of the association read and judged the top five essays sent to the ship by Lincoln Jr. High teacher Drew Halevy.

According to FCPOA member Engineerman 1<sup>st</sup> Class (SW/AW) Rob Zantow, reading and judging the essays was a pleasure.

"I was truly happy to grade the essays sent to us," said Zantow. "They were well

written and I truly hope that this encourages more of the younger generation to write more."

A student named Rob Ferrell wrote the winning essay. Below is a copy of his essay, "Why Abraham Lincoln is Important Today". The essay is reproduced as it was originally submitted.

Abraham Lincoln was an honest, gentle, and strong-hearted American. He was a pure believer in Republican ideals,

**Turn to ESSAY, Page 2**



# Local Stories

## ESSAY

*Continued from page 1*

and that all men were created equal. Abraham Lincoln is important today mainly because of how he successfully reunited the nation in their time of need, he changed the way of life for African Americans, and how he paved the way to a new and better America.

Abraham Lincoln profoundly changed America for the better and steered her in the right direction when he became President. However, that is not to say that everyone approved of his election; by the time of his inauguration, seven states had seceded from the Union. The South strongly disapproved of his ideals and his speeches had absolutely no effect on them; because of this, it launched America into a war against herself and divided the nation. Despite this, Lincoln was able to pick up the shattered pieces of America and with a little time and all the right moves in all the right places, was successful in bringing his nation together again. For example, his excellent speeches such as the Gettysburg Address

persuaded many Southerners to accept the beliefs of the Union. Also, his decisions succeeded in not letting foreign countries get involved in the war, which could have caused disaster for America and would have changed her forever.

Probably the most profound way that Lincoln impacted today's America is the way he changed how slavery was viewed. His ideas, beliefs, and decisions during his presidency completely altered the lives of all African Americans in the U.S. Lincoln was a strong believer in the freedom of all slaves; these views are what mainly started the American Civil War. The Northern states, or the Union supported him. However, the South, known as the Confederacy, did not. But as the war played out, things began to go in Lincoln's favor. The Union won the war, which caused Lincoln to pass the 13<sup>th</sup> amendment abolishing slavery. Although this caused much disturbance within the nation, African Americans were no longer to be enslaved in America; they were now free.

Finally, Lincoln is recognized as an

important figure today because he paved the way to a new and better America. How he was able to reunite the nation and bring an end to slavery in the states is what made him so essential to how American life is today. Even though half of his nation would not even listen to him, he was able to journey past all that and do that of which I think only a man exactly like him could have done. Sadly, he was unable to see the new America he rebuilt for he was assassinated only five days after the end of the war.

For these reasons and many more, Abraham Lincoln has impacted the America we know and love today. The man known as "Honest Abe" sacrificed absolutely everything, including his own life, to save the country he loved so much. Because of him and his ability to reunite a divided nation, bring an end to slavery in the United States, and the way he brought a better life to all Americans is why one hundred and forty one years later America is still remembering him as one of the most important Americans of our time.



Looking for something to do in your free time?  
Swing by MWR's Gear Issue with your I.D. card and  
look through their collection of movies, video games  
and board games.



**BEARINGS** is a two-week, non-residential course designed to improve "Zone A" attrition by enhancing a Sailors' decision-making skills. The course increases their awareness of the assistance available to them, thereby increasing the Sailor's personal and professional development.



**May 3, 1968**

The Naval Safety Center establishes its headquarters at Norfolk, Virginia.

The *Penny Press* is an authorized publication for members of the military services and their families. Its content does not necessarily reflect the official views of the U.S. Government, the Department of Defense, the Department of the Navy, or the Marine Corps and does not imply endorsement thereby. All articles are subject to editing. Due to a need for timely news stories, there is no guarantee when a particular story will run.

Commanding Officer.....	Capt. C.A. McCawley
Executive Officer.....	Capt. David Lausman
Public Affairs Officer.....	Lt. Cmdr. John Filostrat
Assistant PAO.....	Ens Brett Dawson
Media Dept. LCPO.....	MCCS(SW/AW) Jon Annis
Editor.....	MC2 Michael Hart
Staff.....	MCC(SW/AW) Christopher King
	MC1(SW) Joaquin Juatai
	MC1 Michael Murdock
	MC2 Michael Cook
	MCSN Nikki Nester
	MC3 James McGury
	MCSN Ronald Dallatore
	MCSN James Evans
	MCSN Mary Guiney
	MCSN Timothy Roache

## Local News

# At Work or Play, Safety Counts Around the Clock

FROM PACIFIC FLEET MASTER CHIEF  
(SS/SW) R. D. WEST

Hoo-yah, Warriors! Spring is certainly in the air, and many of you are starting to put away the snow shovels and winter clothes in favor of shorts and warm weather recreation.

For many of our shipmates, this also means the joy of opening up the garage or shed and knocking the dust off the motorcycles and other recreational vehicles. You can already visualize zooming down the road on last year's purchase ... the wind blowing through your tank top and hair. There's nothing greater than that on a warm, sunny day, right?

Wrong! Sounds pretty much like a one-way ticket to the hospital or worse. Sadly, we've see it too many times when Sailors and civilian employees start their bikes for the first time in months and think they're at the same ability level as they were at the end of summer.

I've seen many accident reports where personnel didn't have the proper training, safety gear, and for that matter good common sense.

Just for the record, I support and promote motorcycle and all terrain vehicle (ATV) use as much as the next guy, but I support safety first, and I temper that support by insisting the requirements in OPNAVINST 5100.12G are lived up to in letter and spirit.

That's the Navy instruction outlining all the requirements military and civilian personnel must meet in order to ride their vehicles on and off base. If you need a copy, go to [http://www.nps.navy.mil/safety/PDFs/5100\\_12g.pdf](http://www.nps.navy.mil/safety/PDFs/5100_12g.pdf) and read up because I bet a lot of you didn't you know you risk the possibility of losing medical benefits if you don't meet the instruction requirements.

When I listen to our Sailors talk about riding the bikes and I remember when I owned one, it was fun. But you have to ensure you are safe ... it has to be a priority.

When we lose one Sailor to this sort of thing, it's one too many and it's a waste.

So what are the rules? They're pretty simple, shipmate.

First and foremost – get training. Most



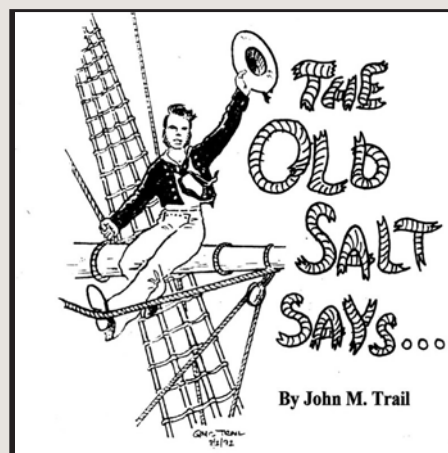
motorcycles are fairly high-performance vehicles, and many people tell me you need the reflexes of a fighter pilot to keep some of them under control.

The Navy offers the motorcycle safety course virtually everywhere, so take the course. It's a requirement. The course will show you the proper way to control

**Turn to MOTO, Page 7**

## RETIREMENT AND DEATH AT SEA

"Shipmates," some of you have asked "why U.S. Navy Sailors are allowed to retire after only 20 years when most civilians have to put in 30 plus before they can?" The main reason for this is that it's an incentive, but one that was based on tradition. A Sailors life used to be a lot harder, more physical labor was required and conditions were harsher, even in your fathers time. Between 1881 and 1883, during the height of the great wind ships, there were 18,536 sailing ships registered in the United Kingdom (Great Britain). During this time period over 1,889 were lost by wreck. Some 13,330 sailors suffered casualties, and 4,775 crew members or an average of one man in 23, died violently, mainly by drowning. The violent death rate of seaman in UK registered steamers, an annual average of 5,856 for the same period, was one man in 47. This was only in British ships, so you can imagine what American and other European countries had to contend with. Men at sea were worn out before their prime and many returned home used up or cripples. Before WWII, Sailors in the Navy could retire at either 16 or 30 years "Roll on my thirty" was an old saying amongst Blue Jackets and British Tars, evoking a wish for their long cruise to end.



# Shoup Sailors Excel at VBSS

**BY MCSN JAMES R. EVANS**  
*Penny Press staff*

“At the VBSS Course in San Diego, we learned a lot of more advanced hand-to-hand combat

“The Navy SEALs who taught there

showed us some

“Communication is a really big factor. It can save or kill a team” said Isotalo.

**Turn to VBSS, Page 7**





MC2 Peterson



MCSA Wilson



MCSN Evans



MC3 McGury



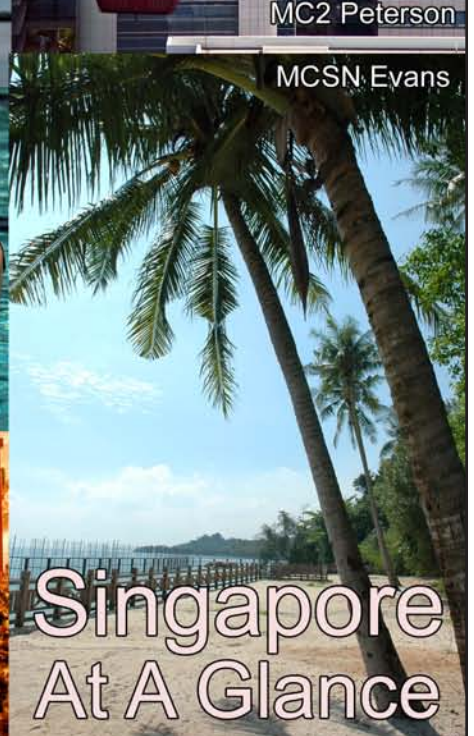
MC2 Peterson



MCSA Wilson



MCSN Lewis



MCSN Evans



MCSN Dallatorre

# Singapore At A Glance

## Features

# Sailors Give Time, Smiles to Orphans

By MCSN JAMES R. EVANS  
Penny Press staff

Sailors from Carrier Air Wing (CVW) 2 and USS Abraham Lincoln (CVN 72) took part in a community service (COMSERV) project at the Pattaya Orphanage April 22.

Forty-seven Sailors helped the staff of Pattaya Orphanage relocate their nursery to a new facility by carrying supplies and furniture as well as bringing a little joy to the lives of the children who live there.

Like any other COMSERV project, the reasons for wanting to help out were as diverse as the Sailors participating.

"I've always wanted to do a COMSERV but I've never had a chance to," said Culinary Specialist 3rd Class Michael Downey of Strike Fighter Squadron (VFA) 137. "It felt really good



Photo by MCSN James R. Evans

Lt. J.G. Nate Sayer plays with an infant at the Pattaya Orphanage in Pattaya City, Thailand during a Community Service (COMSERV) project. During the COMSERV, Sailors from Abe and Carrier Air Wing (CVW) 2 helped orphanage staff relocate their nursery to a new facility.



Photo by MCSN James R. Evans

Storekeeper Seaman Panebi Smith plays soccer with the children of Pattaya Orphanage.

to do something for someone else and it's very humbling for me to realize how good I had it when I was a kid," he said.

For Storekeeper Seaman Panebi Smith, the calling is a spiritual one. "I'm a minister and I like to be involved in com-

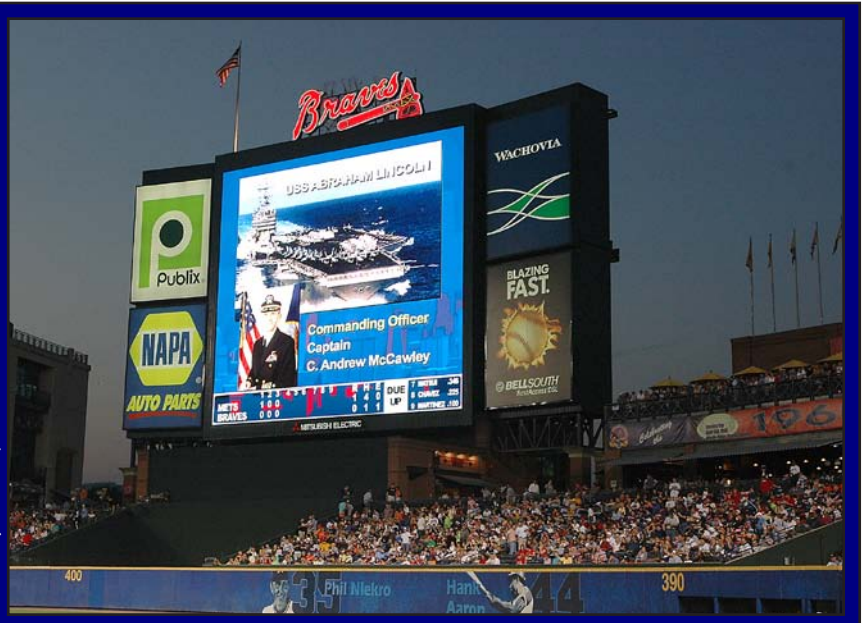
munity service. Anything that gives me the opportunity to meet and help other people, whether it's spiritual, physical, or charitable is a real blessing," he said.

After the work was done, the group took a break to spend some quality time with the children of Pattaya Orphanage, enjoying a few tough games of soccer and breaking down language barriers before returning to the Lincoln.

## In a Land Far, Far Away

Commanding Officer, Capt. C.A. McCawley addressed the crowd at the Atlanta Braves' home game at Turner Field during Atlanta Navy Week April 28. McCawley's address was played live over the stadium's PA system at the end of the third inning.

Photo by PH2 Anthony Dallas



# Features

## MOTO

*Continued from page 3*

all that power and performance so you won't wind up a statistic in one of the Safety Center's reports.

Second, remember the personal protective equipment (PPE). You need to wear it, folks. I know some states don't have helmet laws. I see personnel riding around – no helmets, shorts, no shoes – it's dumb.

We recently had a Sailor killed riding in housing with no helmet after hitting a parked car. No-helmet laws are no excuse or exemption. You must wear PPE. If not for yourself or a passenger, then because it's a lawful order.

Right out of the instruction, the following personal protective equipment (PPE) is mandatory while operating or riding as a passenger on a motorcycle:

-- A properly fastened (under the chin) protective helmet certified to meet U.S. Department of Transportation (DOT) standards. If the host nation does not have an equivalent helmet standard, the helmet will meet the U.S. DOT standard. Fake or novelty helmets are prohibited.

-- Properly worn eye protective devices (impact or shatter-resistant goggles or full-face shield properly attached to the helmet). A windshield, fairing or eyeglasses alone are not proper eye protection.

-- Properly worn long-sleeved shirt or jacket, long-legged trousers and full-

fingered gloves or mittens designed for use on a motorcycle.

-- Sturdy footwear is mandatory. Leather boots or over-the-ankle shoes are strongly encouraged. **No flip-flops!**

-- A brightly colored outer upper garment during the day and a reflective upper garment during the night. The outer upper garment shall be clearly visible and not covered. Your uniforms don't meet these criteria.

To get more information about training, what not to do, and what kind of PPE you should have, check out the Safety Center's motorcycle safety website at <http://safetycenter.navy.mil/ashore/motorvehicle/motorcycle/default.htm>. Additionally, the Safety Center has lots of good information on summer safety ... now is the time to be well into that.

Last thing we need to talk about is speed. Motorcycles and cars speeding down to road have only one difference: you're less likely to be killed in the car.

Just because your bike can hit 160 mph doesn't mean you should drive it that fast. Motorcycles may be more maneuverable, but can you really anticipate what the driver ahead of you is going to do? Especially if you're going 40, 50, 60 feet per second? If you said, "yes," then you need to go back to the safety

course, 'cause it didn't sink in the first time around.

Now my example doesn't involve motorcycles, but I believe it to be applicable for all types of vehicles and speed.

Awhile back in Hawaii a couple of speeding Eclipses blew through traffic on the freeway and rear-ended a flatbed truck.

The impact and fireball killed four people and injured two others. When the police got there, two people were burned so far beyond recognition the police couldn't determine their gender. The passenger in the flatbed was killed, and the driver was seriously injured.

The racers were soldiers at Schofield Barracks. The men in the flatbed were just doing their jobs. It was a terrible tragedy and a huge waste.

Shipmates, I don't want to sound preachy, but the cold, hard facts are we lose too many good people to motorcycle and vehicle accidents due to improper or no training, a lack of PPE, or driving too fast.

Be smart and enjoy the upcoming nice weather. Whether it's on a bike, an ATV, or just riding around with the top down enjoying a good piece of cheese. As long as you're thinking safety, the experience will remain a fun and memorable one. Hoo-yah!

## VBSS

*Continued from page 4*

Shoup's VBSS team is a group of highly motivated, enthusiastic individuals who enjoy what they do. Whether it's hitting the gym just a little harder than everyone else, or taking time out of their day to participate in close quarters combat training, VBSS team members go above and beyond to ensure that Lincoln strike group is ready to deal with vessels which may pose a threat to our nation.

## LEAVING *Continued from page 1*

with the people."

In addition to promoting good will through COMSERV projects, ALCSG Sailors toured Singapore and the surrounding islands through the ship's Morale, Welfare and Recreation program, enjoying the world-famous Singapore Zoo, tours to Sentosa Island and more.

Lincoln also hosted tours to more than 400 guests while in port in Singapore, showing them the flight deck, hangar bays, bridge and the Abraham Lincoln Room which houses artifacts from President Lincoln's era and information about the ship's namesake.

Lincoln, the embarked Commander, Carrier Strike Group (CSG) 9, Carrier Air Wing (CVW) 2, and Destroyer Squadron (DESRON) 9, are under way on a scheduled Western Pacific deployment. The strike group has visited the ports of Hong Kong and Laemb Chabang, Thailand, in addition to Singapore.

## Local News

# Feedback on Abraham Lincoln's Professionalism

From: Commander, United Nations Command/  
Combined Forces Command/  
United States Forces Korea

I want to personally thank the men and women of the USS ABRAHAM LINCOLN for an outstanding visit. Your presence demonstrated a resolve and commitment that is critical to deterrence on the peninsula. I want to thank everyone who was involved in hosting the multitudes of visitors over the course of your visit. The spirit of your crew reflects the pride of your command. I would like to extend my compliments, again for an outstanding visit and tour.

Complex exercises like RSOI and Foal Eagle are essential to improving our warfighting readiness. Our commitment to this great alliance is never more evident than through our tough battle-focused training. I sincerely appreciate each individual's personal involvement and commitment to executing this mission successfully.

The men and women of the USS ABRAHAM LINCOLN were key players in the outstanding success of this major training exercise on the Korean peninsula. Your effort helped to validate our deterrence capabilities, ensuring peace within the Republic of Korea and security in the region.

Katchi Kapshida!

Sincerely,  
B. B. Bell  
General, U.S. Army  
Commander, United Nations Command/  
Combined Forces Command/  
United States Forces Korea

---

Dear Captain McCawley

I would like to commend you and your staff for conducting themselves in an admirable way during their time here at Fenwick Pier. It was for me, one of the finest visits we have had in recent years.

After each ship visit it is my practice to inspect our premises for damage. Not only was Fenwick Pier in good condition, but, on enquiry I found that those in the SLG staff (Shore Patrol) regularly policed the area. No wonder it was clean. I found the SLG to be cooperative and friendly, truly ambassadors of the United States.

Lest you feel that this is a standard letter I send to all ship's captains, I want to assure you that this is the first of its kind except for those "thank you" letters I occasionally send for a "COMREL" project done here.

One additional word of thanks for running a special tour of your ship for Servicemen's Guides Association and American Women's Association members. We rely on both these groups to make ship visits run smoothly. Giving them the "face" of having their own tour was a wonderful gesture and service from you above and beyond the call of duty.

Sincerely,  
Rev. Ronald R. Saucy, M.M.  
Executive Director,  
Servicemen's Guides Association  
Fenwick Pier Hong Kong

## Local News

# Sailors Share Smiles with Singapore Children

*Photos and Story by MCSN Geoffrey Lewis*



**AM2 Thomas Bond, from Electronic Attack Squadron (VAQ) 131, squires a young boy about during the pool visit.**

Sailors aboard USS Abraham Lincoln (CVN 72) donated their time April 28 to give a little back to the community of Singapore by volunteering at the Genesis School for a community service (COMSERV) project.

The Genesis School is a school for developmentally disabled children. During their day, Sailors became older brothers and sisters to the children, helping teachers escort the energetic group to the Clementi Sports Hall in Singapore for a dip in the pool.

Sailors who participated in the project said it was definitely something they would take home with them as a fond memory.

For one Sailor, the project hit close to home.

"My daughter is autistic and the little boy I helped out has Downs Syndrome and his younger brother was also there and he is autistic," said Aviation Electronics Technician 1<sup>st</sup> Class Kerry Reed of Electronic Attack Squadron (VAQ) 131.

"It was great to see how another country teaches and uses different types of therapy to help out kids with special needs."

For others, lending a hand while on deployment is something to look forward to.

"Working with those children was the single most rewarding part of this deployment [for me]," said Aviation Warfare Systems Operator 1<sup>st</sup> Class (NAC) Paul Noriega, of Helicopter Anti-Submarine Squadron (HS) 2. "When you paint a house or building, over time [the paint] fades, but the memories of projects like this one tend to last forever."

Sailors memories of the smiles and laughter shared during the COMSERV project are a great souvenir of their visit in Singapore. To find out how you can participate in a COMSERV during our next port call, contact the Religious Ministries Department at j-dial 7148.



**Sailors from USS Abraham Lincoln (CVN 72) and Carrier Air Wing (CVW) 2 volunteered some of their valuable liberty time to help with kids with special needs.**



**OASN Christian Wood helps a little girl swim at the Clementi Sports Hall in Singapore.**

# Local News



## Shipmates

*The strength of a warship lies in the hearts and hands of its crew*



Photo by MC3 James R. McGury

Seaman Tony A. Brundage stands the starboard aft lookout during the Sea and Anchor detail aboard USS Abraham Lincoln (CVN 72). USS Abraham Lincoln (CVN 72) and Carrier Air Wing (CVW) 2 are currently underway to the Western Pacific Ocean for a scheduled deployment.

### USS Abraham Lincoln Safety Department's

## Safety Sailor of the Week

While performing maintenance on a conveyor in Hangar Bay #3 that required Hazmat, MMFN Grant Fox of Eng dept (A div, Outside Repair) ensured his Safety by using the proper PPE (Chemical resistant Gloves NSN # 01-033-3519 and Spalsh proof Goggles).

For observing ORM, Fox is Abe's Safety Sailor of the Week.



PHOTO BY SKT(SW/AW/SS) RICHARD WARD

**MMFN Grant Fox**



## Editor's Top 10

Signs you have the nasty stomach "bug" that's floating around the ship:

10. You would give your life savings or your first born child to anyone that has a spare roll of toilet paper.
9. You're paying homage to the "porcelain god" without touching a drop of alcohol.
8. You haven't felt this bad since the day after you drank a gallon of warm milk.
7. Just the thought of surf and turf makes you want to shoot yourself.
6. All the HMs in Medical know all about you, where you're from, what you do, and in the past five minutes, what you had for lunch.
5. You've discovered that they just don't make underwear like they used to.
4. You're in your own little rank at divisional quarters.
3. Every once in a while you think, "well, Elvis went out this way too."
2. You start kicking yourself over taking a bet to lick every hand rail onboard.
1. You begin dehydrating aggressively.